

Ademen

Als je fietst
denk je aan niets
of aan alles eigenlijk
apart of tegelijk.



Het enige dat doorgaat
zonder dat je erbij stilstaat
is het ademen
naast het almaar doormalen.

Op je fiets en in je hoofd
je krijgt het niet gedoofd
breath in, breath out
anders gaat het fout.

Maar de stille motor
wordt met het sporten groter
klopt de hele boel in gang
een heel leven lang.

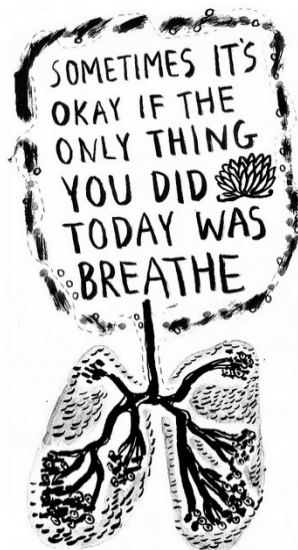
Je staat er niet bij stil
totdat het niet echt meer wil
een hapering in het systeem
ademenemend in het algemeen.

Dus bij het overleven
moet je artsen nageven
minuscuul van binnen ableren
zorgt dat longen blijven veren.

Mentaal een hele opgave
me aan de rust te laven
grauwe wolken in mijn kop
een keer diep inademen lucht op.



13-06-2018



"Breathe" - Mackenzie Ziegler

(Go on, go on, breathe in)

Eyes on the prize, I know sometimes you might fall on your way
Throw your hands up, ya get down when things don't fall into place
Mad at the world, yeah I've been there before
Lost and confused and thinking that you can't take anymore

No, no, no, don't worry 'bout nothing, oh, it's all gonna be good
Oh whoa whoa whoa you're really something, now didn't cha know that you could?
No, no, no, don't worry 'bout nothing, oh, it's all gonna be good
Don't worry 'bout nothing, worry 'bout nothing, nothing, now it's all gonna be good

So breathe, like you know you should
Yeah, breathe 'til you've understood
Until you're feeling like yourself again
Feel the sunlight on your skin
Keep your heartbeat beatin'
Go on, go on, breathe in

Go on, go on, breathe in
In, out
In, out out out
In, out
Go on, go on, breathe in

Take a look around ya here right now you remember this time
Cause you only got the moment to own it while you're alive
Taking it all in one blink at a time
Just let it be and you will see everything will align

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Go on, go on, breathe in
In, out
In, out out out
In, out
Go on, go on, breathe in

Put some air in your heart and baby just live
Let the moment take you and make you forget
Put some air in your heart and baby just live
Just breathe it in, yeah, breathe again
Just go on, go on, breathe in

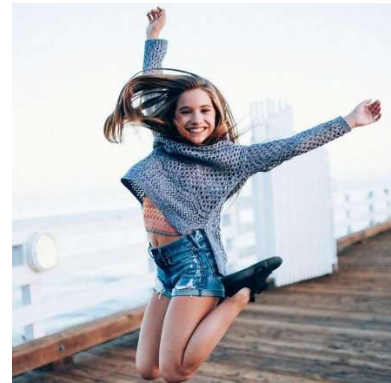
Breathe In



Breathe Out

Oh, no, no, no, no, no
Breathe in, breathe in, breathe in
Go on, go on, breathe in
In, out
In, out out out
In, out
Go on, go on, breathe in

<https://www.youtube.com/watch?v=CZ23KGgQ6rE>



The Air that I Breathe – The Hollies

Sometimes, all I need is the air
that I breathe and to love you
All I need is the air that I breathe,
yes, to love you
All I need is the air that I breathe
Peace came upon me and it
leaves me weak
So sleep, silent angel, go to sleep
Sometimes, all I need is the air
that I breathe and to love you
All I need is the air that I breathe,
yes, to love you
All I need is the air that I breathe

Sometimes, all I need is the air
that I breathe and to love you
All I need is the air that I breathe,
yes, to love you
All I need is the air that I breathe
and to love you
All I need is the air that I breathe,
yes, to love you



<https://www.youtube.com/watch?v=HydvceA1PAI>
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